

Frequently Used Cost Containment Features in Health Insurance

Plan Type	Utilization Review (Preauthorization)	Retrospective Review	Enrollee Deductibles	Enrollee Copayments	Benefit Limits (dollar amounts, number of visits)	Annual or Lifetime Maximums	Gatekeeper Physician
Closed Network Plans:							
• HMO	Yes	Yes	Yes*	Yes	Yes**	No	Yes
• Consumer Choice HMO***	Yes	Yes	Yes	Yes	Yes	Yes	Yes
• Exclusive Provider Plan (EPO)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Open Network Plans:							
• Preferred Provider Plan (PPO)	Yes	Yes	Yes	Yes	Yes	Yes	No
• Consumer Choice PPO***	Yes	Yes	Yes	Yes	Yes	Yes	No
• Indemnity	No	Yes	Yes	Yes	Yes	Yes	No
• Consumer Choice Indemnity***	No	Yes	Yes	Yes	Yes	Yes	No

* Limited to out-of-network, out-of-service area services

** Limited to services that are not basic health care services, generally

*** Created by Senate Bill 541, 78th Session; allow fewer mandated benefits and more cost containment features